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## **Analytical Study of Physical Activity Profile of School Teachers**

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**Abstract:** The purpose of the study was to find out the Physical Activity profile of Jabalpur District, (Madhya Pradesh) School Teachers. By using purposive sampling 300 teachers of high and senior secondary schools of Jabalpur district, (M.P.) were involved. After follow up through verbal persuasions 200 responses were received in total out of which 46 were of male and 164 were of female teachers. The data/responses collected through questionnaire were analyzed by using descriptive statistics where percentage was worked out for interpretation. The level of significance was set at 0.05. Results of the study showed that majority of the teachers (both male and female) were exercising regularly for 15 – 30 minutes per day. However, female teachers were having low level of physical activity both at work and leisure as compare to male teachers. Further it was found that maximum percentage of male teachers adopted walking as a mode of exercise. It was found yoga was preferred by female teachers in comparison to walking, weight training, stretching, and running etc. Very less percentage of male and female teachers has been sedentary for the last 1 to 2 years or 3 to 4 years. But it is also found that the physical activity was less than 30 minutes per day. Which seems to be not enough to gain health benefits.

**Keywords :** *Physical Activity, School Teacher, Jabalpur*

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**Introduction** - In the modern scientific era the individual's physical activity level is decreasing day by day which have resulted in many non communicable diseases such as obesity, high blood pressure, stress, arthritis etc. etc. These non communicable diseases adversely affect the human beings health, his economy, environmental and social life. As the physical inactivity is the major cause of deterioration of human body apparently, the main objective in promoting physical activity is human beings health.

Schools are ideal settings for enabling students and teachers to develop life-long healthy behaviours to achieve their individual potential and contribute to a healthy society. School physical education classes can assist young people to "Move for Health" by providing them with opportunities and time to safely access physical activity facilities in an environment that is supported by teachers, parents and friends.

Health is not a static phenomenon; it fluctuates within a range varying from optimum function to various levels of dysfunction. It is a multi dimensional phenomenon such as physical, mental, social and each is influenced by numerous factors, medical and non-medical. In addition to these factors, the health of the workers is also influenced by the conditions prevailing at their work place. Health is concerned with the safeguard and welfare of people in various professions. Health is very important for the development of one's own self, society and the nation at large (Singh et. al.2001).

Physical health and fitness is a positive quality that is related to the prevention and most of disease. Physical fitness places an emphasis on having vigour and energy to perform physical work and exercise. Beside this regular appropriate physical activity can bring economic benefits in terms reduced health care cost, increased productivity, healthier physical and social environments, better performance in offices and work sites, stronger participation in sports, recreation and greater sports achievements.

Teachers are the role model for not only their students but also for the society. Their physical activity profile represents their health status and their awareness towards health. And it will definitely effect to their students and society. That's why research scholar conducted this study to analyses the teacher's physical activity profile.

### **Material and Methods**

By using purposive sampling 300 teachers of high and senior secondary schools of Jabalpur district, (M.P.) were involved for obtaining responses questionnaire. After follow up through verbal persuasions 200 responses were received in total out of which 46 were of male and 164 were of female teachers.

The data/responses collected through questionnaire were analyzed by using descriptive statistics where percentage was worked out for interpretation. The level of significance was set at 0.05.

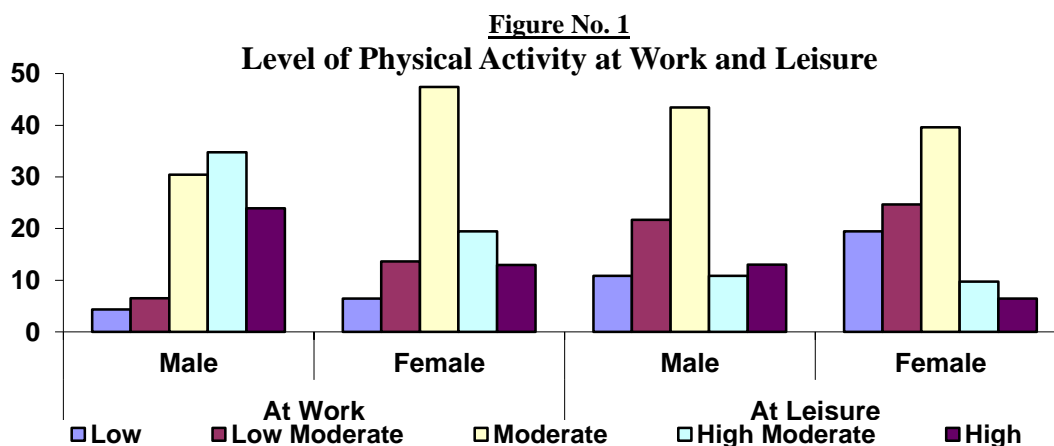
**ACTIVITY PROFILE**

The level of physical activity in terms of percentage at work and leisure has been given in table –1 for male and female teachers.

**TABLE -1****Level Of Physical Activity At Work And Leisure**

Level of Physical Activity	Subject	Low	Low Moderate	Moderate	High Moderate	High
At Work	Male	4.34	6.52	30.43	34.78	23.91
	Female	6.49	13.63	47.40	19.48	12.98
At Leisure	Male	10.86	21.73	43.47	10.86	13.04
	Female	19.48	24.67	39.61	9.74	6.49

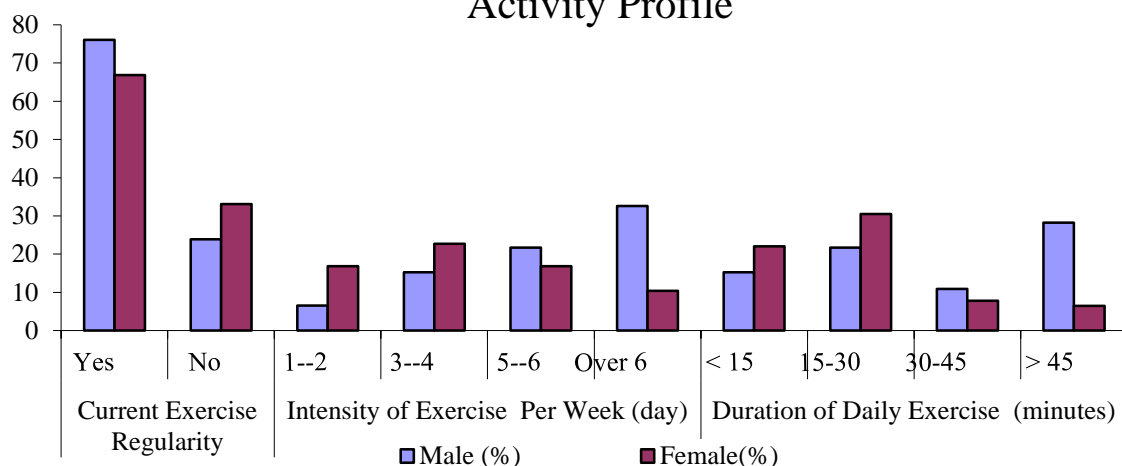
Table –1 indicated that 23.91% and 30.43% male teachers reported high and moderate level of physical activity at work. Whereas female 12.98% and 47.40% teachers reported high and moderate level of physical activity at work. 43.47% male teachers and 39.61% female teachers reported moderate level of physical activity at leisure only 4.34% male teachers and 6.49% female teachers reported low level of physical activity at work whereas 10.86% male and 19.48% female teachers indicate low level of physical activity at leisure .Figure No. 1 represents the comparative percentage of Level of Physical Activity at Work and Leisure.

**TABLE -2****Activity Profile**

Activity Profile	Response	Male (%)	Female(%)
Current Exercise Regularity	Yes	76.08	66.88
	No	23.91	33.11
Intensity Of Exercise Per Week (Day)	1-2	6.52	16.88
	3-4	15.21	22.72
	5-6	21.73	16.88
	Over 6	32.60	10.38
	< 15	15.21	22.07
Duration Of Daily Exercise (Minutes)	15-30	21.73	30.51
	30-45	10.86	7.79
	> 45	28.26	6.49

Table – 2 indicates 76.08% male teachers and 66.88% female teachers doing exercise regularly . It is further observed that 21.73% male and 16.88% female teachers were doing exercise 5-6 days per week. On the other sides 6.52% male teachers and 16.88% female teachers were doing exercise only once or twice in a week. Only 32.60% male teachers and 10.38 % female teachers were doing exercise regularly. This table also showed that 15.21% male teachers and 22.07% female teachers were doing exercise for less than 15 minutes only 28.26% male teachers and 6.49% female teachers reported their exercise duration was more than 45 minutes. 20% male and female teachers were doing exercise 15 to 30 minutes a day.

Figure No. 2  
Activity Profile



**TABLE- 3**

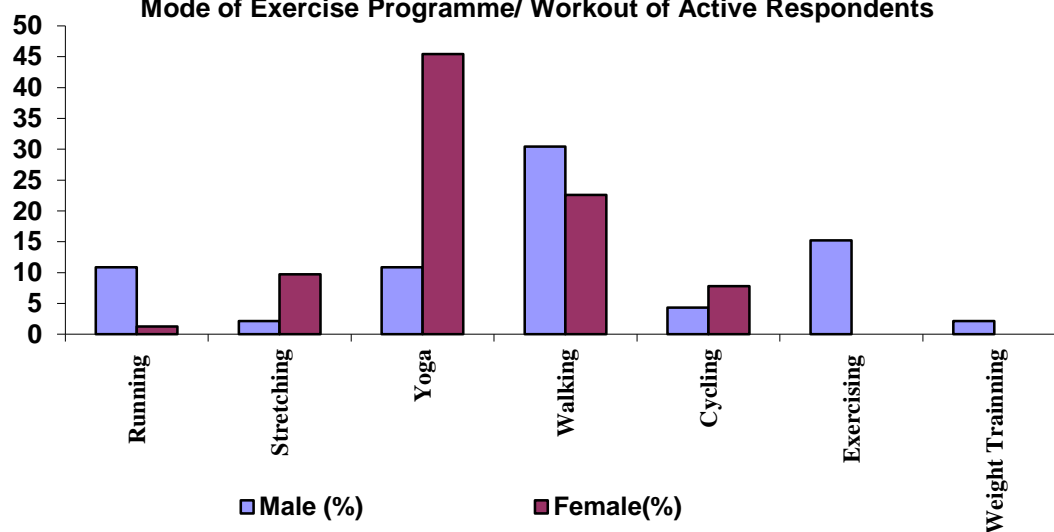
**Mode of Exercise Programme / Workout of Active Respondents**

Exercise Programme / Workout Mode	Male (%)	Female (%)
Running	10.86	1.29
Stretching	2.17	9.74
Yoga	10.86	45.45
Walking	30.43	22.59
Cycling	4.34	7.79
Exercising	15.21	NIL
Weight Training	2.17	NIL

The brief mode of exercise of the respondents who were doing regular exercise has been given in table – 3 which indicate that majority of the respondents has been using above exercise programme. However some of the male teachers reported running, cycling, weight training, exercise and yoga. As their mode of exercise 45.45% female employees preferred only yogic exercise and 1.29% female teachers were interested in running and 22.59% female teachers preferred walking in their workout.

The mode of exercise programme / workout of active respondents (both male and female) has been graphically represented in figure –3.

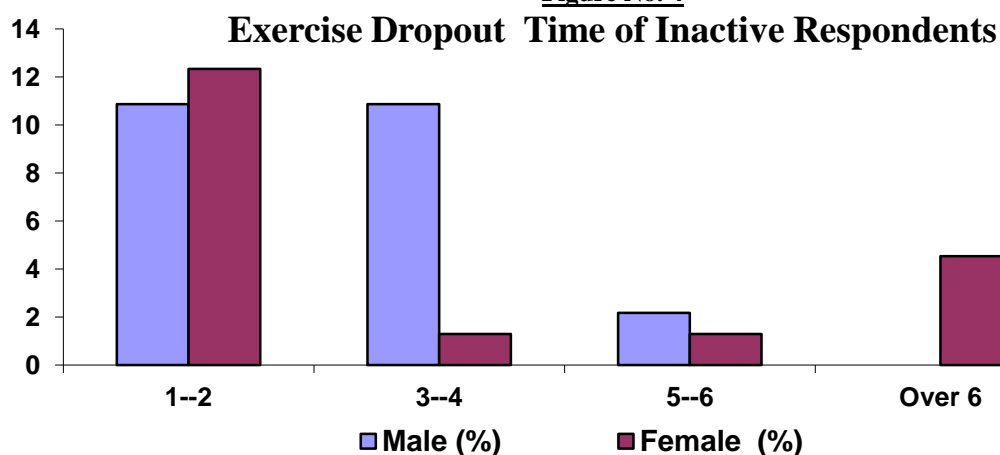
**FIGURE No. 3**  
**Mode of Exercise Programme/ Workout of Active Respondents**



**TABLE - 4****Exercise Dropout Time Of Inactive Respondents**

<b>Exercise Dropout Time (years)</b>	<b>Male (%)</b>	<b>Female (%)</b>
<b>1-2</b>	10.86	12.33
<b>3-4</b>	10.86	1.29
<b>5-6</b>	2.17	1.29
<b>Over 6</b>	Nil	4.54

Above table showed that 10.86% male teachers and 12.33% female teachers have not exercised for 1-2 years. The percentage of exercise dropout in female category was 4.54%, where as it was zero percent in the case of male teachers more than 6 year back.

**Figure No. 4****Conclusion and Discussion**

Majority of the teachers (both male and female) were exercising regularly for 15 – 30 minutes per day. However, female teachers were having low level of physical activity both at work and leisure as compare to male teachers. Further it was found that maximum percentage of male teachers adopted walking as a mode of exercise. It was found that yoga was preferred by female teachers in comparison to walking, weight training, stretching, and running etc. Very less percentage of male and female teachers has been sedentary for the last 1 to 2 years or 3 to 4 years. But it is also found that the physical activity was less than 30 minutes per day. Which seems to be not enough to gain health benefits.

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